

Air Fryer Eggplant

Indulge in a guilt-free delight with our crispy air fryer eggplant recipe. Elevate your cooking game and enjoy a scrumptious and healthy meal.

Prep Time	Cook Time	Total Time
15 mins	12 mins	27 mins

Course: Appetizer, Side Dish Cuisine: Mediterranean Servings: 3
Calories: 133kcal Author: [Val](#)



★★★★★
5 from 1 vote

Equipment

- [Air Fryer](#)
- Knife
- Cutting board
- 2 Bowls (for eggplant dipping and breading)
- Vegetable oil spray
- Serving dish or plate
- Whisk
- Hot plate trivet
- Cooking tongs

Ingredients

- 1 eggplant (1 large or 2 medium)
- 1 [egg](#)
- ¼ cup [breadcrumbs](#)
- ¼ cup [grated Parmesan cheese](#)
- ½ teaspoon [garlic powder](#)
- ½ teaspoon [dried basil](#)
- ½ teaspoon [dried oregano](#)
- ½ teaspoon [salt](#)
- [black pepper to taste](#)

Instructions

1. Preheat your air fryer to 380°F (195°C).
2. Slice the eggplant into rounds about 1.5–2 cm thick.
3. In a separate bowl, whisk the egg.
4. In another bowl, mix together breadcrumbs, grated Parmesan cheese, garlic powder, basil, oregano, and salt.
5. Dip each eggplant slice into the egg, then coat with the breadcrumb mixture, making sure it's fully coated.
6. Spray the air fryer basket with cooking spray. Place the eggplant slices evenly in the basket.

7. Air fry the eggplant for 12 minutes, flipping the slices every 4 minutes until golden brown and crispy. After the second turn, you can spray more oil for a crispier crust.
8. Serve the eggplant hot, topped with more Parmesan cheese and black pepper if desired.

Nutrition

Calories: 133kcal | Carbohydrates: 17g | Protein: 7g | Fat: 4g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 0.01g | Cholesterol: 62mg | Sodium: 624mg | Potassium: 417mg | Fiber: 5g | Sugar: 6g | Vitamin A: 193IU | Vitamin C: 3mg | Calcium: 122mg | Iron: 1mg